



Paul McCartney's veggie salad

The former Beatle shares his favourite recipes in the Meat Free Monday Cookbook as part of the Meatless Mondays campaign, aimed at reducing global meat consumption [PAGE 14](#)

VENUS OUSTED

FORMER WIMBLEDON CHAMP SUFFERS FIRST-ROUND LOSS AT TOURNAMENT SHE ONCE RULED

[PAGE 20](#)



OTTAWA

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Tuesday, June 26, 2012

News worth sharing.



Police tape surrounds the entrance to Skybar at Rideau and Dalhousie streets in Ottawa on Monday afternoon. [NOURAN ABDELLAFIE/FOR METRO](#)

Man critically injured outside downtown club

Crime scene. Broken glass litters the scene where police investigate how a man was critically injured

JOE LOFARO
joe.lofaro@metronews.ca

Ottawa police are investigating after a 24-year-old man was found unconscious in the Byward Market Monday morning and sent to hospital with life-threatening injuries.

Police spokesperson Marc Soucy said the man was found

unconscious outside of the Sky Bar on Rideau Street following an altercation at about 2:30 a.m.

"We are trying to determine if it was the result of a fall or a result of the fight," said Soucy.

Paramedics spokesperson Jean-Pierre Trottier said the patient had not regained consciousness by the time he arrived at the hospital.

On Jan. 22, 24-year-old Navid Niran was fatally stabbed after visiting the same nightclub.

City councillor for Rideau-Vanier Mathieu Fleury was in the area as police investigated Monday afternoon. He said violence in his ward is "a significant issue," but should not

scare people away from the market.

"I still feel that it's a safe area," he said.

"I'm from this area, I've walked my entire life on Rideau Street, never had any major incident. I'm not involved in criminality obviously, so what I say is our downtown is safe, Rideau Street is safe."

Fleury commended the work of the police and the local business improvement association for making the Byward Market safer.

As of late Monday afternoon, police Const. Henri Lantot said there were no arrests made and the investigation is ongoing.

Scouts Canada failed to report abuses: Audit

Audit discovers 'disorganized' files rather than evidence of coverup [PAGE 3](#)

Elliot Lake search back on

Rescue teams will resume search efforts at a partially collapsed mall after search attempts were called off earlier Monday, says an MPP [PAGE 6](#)

Euro 2012 semi-final preview

Germany hopes to beat Italy for the first time ever at a major tournament [PAGE 20](#)

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June 17 disappearance



Posters with Fouad Nayel's details have been put up by his family. **JOE LOFARO/METRO**

Family questions police effort in missing-man search

Nicole Nayel hasn't seen her son in over a week and wants to know if the police are doing everything they can to find him.

Fouad Nayel, 28, went missing when he never showed up for a family dinner on Father's Day. He went to Petawawa earlier that day. "They gave us little answers," said Nicole, after a meeting with police Monday evening. "They should have more manpower, they should have more help."

The search is taking its toll on her and her family, she said, calling it "a bad dream." Relatives have taken the search into their own hands by putting up flyers and driving out of town to look for clues. Police are "not being thorough with their investigation at all," said Fouad's cousin, Adam Mounzer.

Mounzer said he drove to Shawville, Que., because that was the last place where his cousin's cellphone received a signal. Lead investigator Sgt. Wayne Niemi said that piece of information doesn't necessarily mean Fouad was in Shawville. "The way cellphone towers work, it doesn't mean that person is there," said Niemi. "(The signal) could just be bouncing off the river."

Niemi added that Ottawa police are concentrating their efforts in the Petawawa area. Fouad was driving a black 2002 Nissan Altima, plates ATTA 634. He is six feet tall and is Middle Eastern. **JOE LOFARO/METRO**

Home business. No more art parties at gallery: City

A Hintonburg art gallery will no longer be holding public events after the City of Ottawa found it in contravention of the bylaws for home-based businesses.

"I lost my job, I lost my business," said Patrick John Mills yesterday after meeting with city officials.

The Patrick John Mills Contemporary Fine Art Gallery is still open, but Mills is only allowed to see one client at a time, which will be hard on the business, he said.

Mills had been holding

Quoted

"I lost my job, I lost my business."

Art gallery owner Patrick John Mills

once-a-month art events at the gallery in his home to build the art community and drive business to the gallery. Last week, the City of Ottawa received a complaint from an anonymous person, which prompted the bylaw investigation.

JESSICA SMITH/METRO

In memoriam. City plans to name street after officer

Ottawa will likely soon have a street named after murdered police officer Eric Czapnik.

Following the city's naming process, city staff are suggesting Brisebois Crescent, located next to the East Division police building on St. Joseph Boulevard, be renamed Eric Czapnik Way.

The city is currently accepting feedback on the proposal. If there are no objections, the renaming bylaw should be signed off by city council at a meeting in July, according to city staff.

Former RCMP officer Kevin



Eric Czapnik OTTAWA POLICE SERVICE

Gregson stabbed Czapnik to death outside of the Ottawa Hospital Civic Campus on Dec. 29, 2009. Gregson is serving a life sentence for first-degree murder. **JESSICA SMITH/METRO**

Scouts Canada failed to report 65 sexual abuse cases: Review

Seven-month audit. Forensic review finds no evidence of coverup, but discovers 'disorganized' and 'incomplete' files



JOE LOFARO
joe.lofaro@metronews.ca

A forensic review of Scout Canada's records reveals authorities were not contacted about at least 65 cases of alleged sexual misconduct against a youth.

"We are deeply and truly sorry for any harm that has happened at the hand of volunteers that were in our organization," said Steve Kent, Scouts Canada's volunteer chief commissioner at a press conference Monday.

"We will do everything that we can to prevent such instances from happening in the future and we encourage victims to talk to us."

The accounting firm KPMG conducted a seven-month audit of the organization's files, many of which were "disorganized" and "incomplete." The audit analyzed 486 identified records provided by Scouts Canada — records which were related to suspension and termination of volunteers for alleged sexual misconduct against youth from 1947 to 2011.

In addition to the 65 cases, there were 64 cases where it was unclear whether or not authorities were contacted. During the review process Scouts Canada provided information about those cases to police forces, which are investigating.

In 29 other cases, Scouts Canada had already contacted



Steve Kent, right, Scouts Canada's volunteer chief commissioner, speaks to reporters at a press conference Monday about the KPMG Review of Suspension and Termination Files. **JOE LOFARO/METRO**

police. In 328 cases, police were aware of the allegation of sexual abuse before Scouts Canada.

Learning from past mistakes, the organization said it will now "rigorously" implement a new Child and Youth Safety Plan, which includes improved adult screening and training.

"I think Canadians can take comfort in the fact that we're confronting the past in its entirety now with a heightened level of openness and transparency like we've never seen before," said Kent.

Follow Joe Lofaro on Twitter @giuseppelo



NEWS

On the web

Fickle, frustrating Facebook

The folks at Facebook have done it again — annoying users by making changes without advising them. This time, all users' default email addresses have been changed or are about to be changed to an @facebook.com account, an account most people never use. Go to metronews.ca to read the full story and find out how you can fix the change.

Mobile news



Got a tumour? There's an app for that. Smartphone technology is now entering the operating room, allowing ovarian-cancer surgeons to use an application to store and track tumour information. Scan the code to find out more.



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Labour dispute. NHL contract negotiations a worry to Sens' draft pick

Ottawa's 67s defenceman Cody Ceci and his family are overjoyed he was the first draft pick of the Ottawa Senators, but worried that a potential labour dispute may delay his chance to play for the team.

"Growing up and going to a lot of those games, and now being able to try out for that team, it's pretty cool," Ceci said on Monday.

Negotiations on a new collective bargaining agreement will begin soon to replace the 2004-05 agreement, which included a salary cap and expires Sept. 15.

Ceci said he's a little worried about the labour situation. "It would definitely suck if that were to happen. I could have to wait an extra year to reach my goal, but at the same time it would be the same for everybody in the league and I'd just have to deal with it."

In the meantime, his excitement at being the first draft pick for the Senators is shared by the whole family, including his mom.

"Oh cripes yeah," said Karen Ceci. "I was pretty



Cody Ceci THE ASSOCIATED PRESS

much a crazy hockey mom at the draft."

She had been explaining to friends that the chances of Cody, if drafted, would get drafted to the Senators, were slim. "So when that happened, I just completely flipped. We're big Sens fans so it was really exciting," she said.

On Tuesday Ceci is headed to the Senators' development camp, along with the other draft picks and players.

JESSICA SMITH/METRO

WITH FILES FROM THE ASSOCIATED PRESS



The sound of New Orleans

Troy "Trombone Shorty" Andrews plays at Confederation Park as part of the Ottawa Jazz Festival on Monday. Trombone Shorty and his band Orleans Avenue — Mike Ballard on bass, Pete Murano on guitar, Joey Peebles on drums, Dwayne Williams on percussion, Dan Oestreicher on baritone sax and Tim McFatter on tenor sax — hail from New Orleans. MARC DESROSIERES/FOR METRO

Local startup. If you can't Google it, Fuukit

Quoted

"Depending on how hard the question is, the more time it's going to take us. But we will get you the answer."

Marc Belisle, founder of Fuukit

Anyone who has thrown up their hands and shouted "f#@k it!" while searching for something on the Internet can try turning to a new Ottawa-based company that offers live search support.

"We noticed that people don't necessarily know where to go when they get search results," said Marc Belisle, who launched the controversially named search site Fuukit.com at the beginning of June. "The answer is there, but they don't know exactly how to look for it."

Powered by Google search, the site gives users the option of calling, texting or emailing their questions about the search results they've found to the site's operators.

"Just recently I had a man asking about information on employment insurance," Belisle said. "I walked the guy through their web page and took him to the point where he could apply online. It probably took about five minutes."

Belisle said that he came up with the name while working for Service Canada. "A client called me twice for help and it wasn't within

our mandate to provide the information they were looking for," he said. "In frustration they said 'fuukit' and the name just clicked."

Since the site launched, questions have started to flow in, not just from Ottawa, but as far away as the Philippines and Brazil, Belisle said. So far he has been able to answer all of them.

"Every day there's more and more questions," Belisle said, adding that as the business grows he hopes to open a call centre in Asia to field the queries.

In an unscientific experiment Metro texted a question to Fuukit.com and got a correct response within seven minutes. How many horses are in the RCMP metro ride? Thirty-six.

GRAHAM LANKTREE/METRO



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Traveller's spirit and Scotiabank support help Shanghai native start Canadian journey

As the operator of a Shanghai travel agency, Yuxiang Zhang had a love of travel that he put to the test when he decided to move to Canada. But when he faced worries about this colossal trip, he discovered how Scotiabank's multinational team and services can provide a smooth landing.

Mr. Zhang's personal journey began after he visited Becky, his only daughter, who had migrated to Canada in 1999. Seeing how she was enjoying her life in a friendly, multicultural country he decided to become a family class immigrant.

"I was excited to join my daughter, but I was also unsure about the details, such as how would I move forward without speaking English?" says Mr. Zhang, who also wondered about practical issues such as the process to transfer money to a Canadian bank.

Fortunately, Becky convinced him to attend an immigration seminar in Shanghai, hosted by Scotiabank and The Cross-Cultural Community Services Association, where Bank officials answered every question, ranging from the Canadian job market to government services. He also learned about the **Scotiabank StartRight®** Program¹ for Newcomers, which includes a free day-to-day bank account for one year², a wide range of credit card options³ and a number of other customized services and benefits.

"Before the workshop, I was very worried, but after I felt relieved, and it gave me the courage to move forward," recounts Mr. Zhang, who arranged for his Canadian and U.S. dollar bank accounts with Scotiabank, and applied for a credit card, while still in Shanghai, through the Bank's partnership with China Everbright Bank.

After landing in Toronto in late 2009, Mr. Zhang went alone to the Scotiabank branch at the Steeles and Silverstar location to activate his accounts. Speaking only Mandarin and Russian, he wasn't sure how things would go. Luckily, he was greeted by Isa Ho, Branch Manager, and her multilingual staff. "Surprisingly, it went well, and my accounts and debit card were ready, and my credit card came within a week," marvels Mr. Zhang.

Isa, a Canadian immigrant who speaks both Cantonese and Mandarin, is well-prepared to serve newcomers. She often calls them long distance before they move, to help them prepare. "I tell them about banking options and what are the best schools for their kids," says Isa, a 32-year veteran of Scotiabank, who still remembers first seeing donuts when she arrived. "When they get here, we answer their questions about Canadian customs, and explain about

banking in Canada. Also, since many newcomers want to buy a home, we educate them on Canadian mortgages and how to avoid credit mistakes."

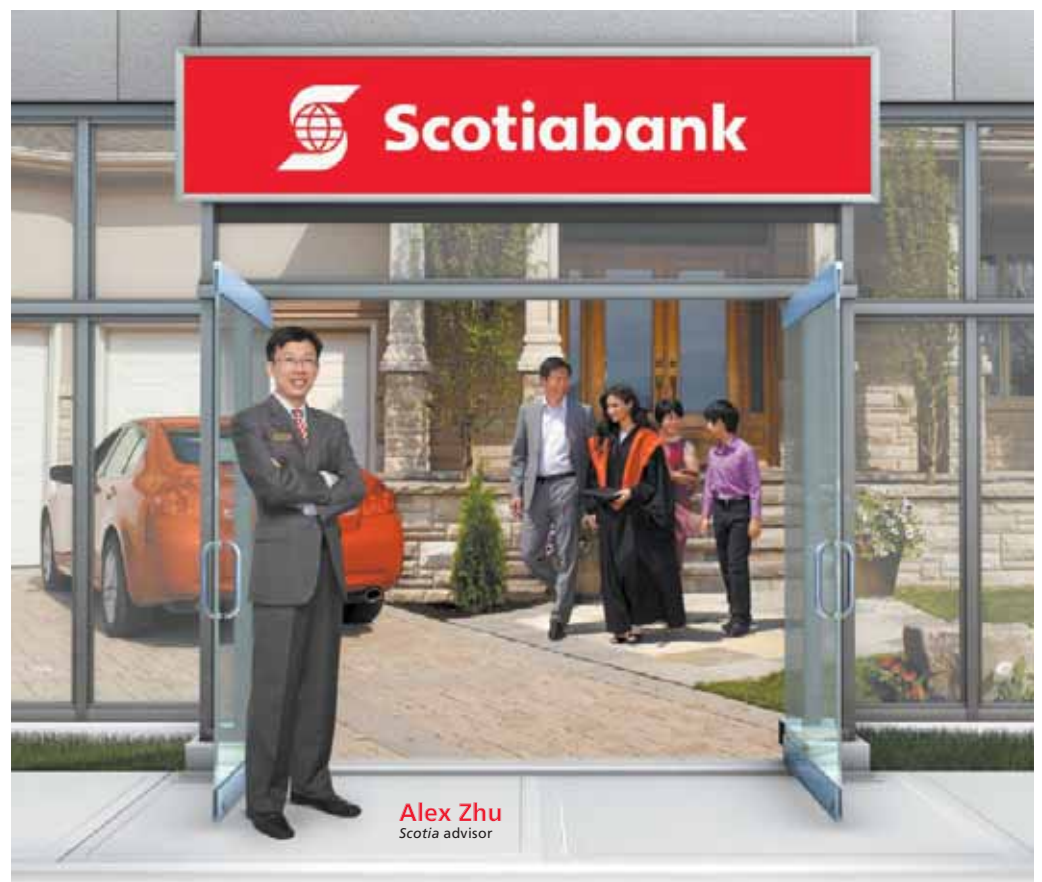
Today, Mr. Zhang is enjoying life in Canada, and whenever he has the chance, he speaks to others about the opportunities in Canada and "the friendly, open and trustworthy service I experience at Scotiabank."

That's good news for Isa Ho who teaches her Scotiabank team to, "Welcome every newcomer with a smile, speak their language, and serve them with our hearts."



With Scotiabank's help, Mr. Yuxiang Zhang is discovering a world of opportunities in Canada.

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Local residents react as they listen in during a news conference in Elliot Lake, Ont., on Monday. CHRIS YOUNG/THE CANADIAN PRESS

Search efforts to continue after appeal from public, premier

Elliot Lake tragedy.

Officials initially called off search due to concerns over a possible second collapse

A member of the Ontario legislature says rescue teams will continue search efforts at a partially collapsed mall in Elliot Lake, Ont., hours after search attempts were called off.

New Democrat Michael Mantha says the search is on again after Ontario Premier Dalton McGuinty urged officials to continue the effort.

Mantha says rescue workers are coming up with a plan

to allow the rescue of any survivors or the remains of those inside the mall to be removed from the site.

Authorities called off the search earlier Monday after they deemed the mall too dangerous to send rescue crews into.

Hopeful personal vigils gave way to outraged group protests on Monday hours after officials announced they were halting efforts to rescue possible survivors.

Dozens of angry community members gathered outside city hall in the northern Ontario city, expressing their disgust that officials had walked away from a rescue effort they deemed too dangerous.

"Rescue missions never

Staying positive

"We've all banded together. We talk, we hug. We're just here together."

Catherine Timleck-Shaw, Elliot Lake, Ont., resident

end, save our families, save our friends," chanted the protesters.

Although the sound of tapping, which led rescuers to believe someone was still alive inside the rubble, stopped on Sunday morning, officials say a device called a life detector has indicated there's someone breathing inside. **THE CANADIAN PRESS**

Residential schools. Community celebrates lost birthdays after commission hearing

A big party was held at the end of a hearing in Saskatoon to recognize all the birthdays that were missed by children who attended residential schools.

The Truth and Reconciliation Commission provided cake, glow sticks, songs and cheers Sunday for all of the survivors who were never able to celebrate.

A stage was filled with children the same ages as many who attended the church-run schools.

The government apologized several years ago for the schools, where many aboriginal children were physically, emo-

A grandmother's pride

"I'm walking away with a hope for my children and my grandchildren. I'm proud to be a First Nations woman."

Bernadette Neapetung, former residential school student

tionally and sexually abused.

The commission is holding hearings across the country and was in Saskatoon for several days last week.

Some of the people who attended said being able to

celebrate a crucial part of childhood such as a birthday with other survivors was inspiring.

"I'm not alone. At (the) residential school, you felt so alone. You thought you were the only one going through this pain," said Bernadette Neapetung.

She attended the hearings with her brother, George, who also was sent to a residential school.

"It's been a lightening of a load that I have carried for the entirety of my life," he said, "To be able to give a voice to that little boy inside of me and to let all of those things go."

THE CANADIAN PRESS

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Egypt. New president starts crafting government

New Egyptian president Mohammed Morsi went to work first thing Monday morning and started work on forming a government.

This was even before he had a clear picture of what he could do after the ruling military stripped most of the major powers from his post.

Morsi, 60, a U.S.-trained engineer from the fundamentalist Muslim Brotherhood group, is the first Islamist president of Egypt.

He defeated Mubarak's last prime minister, Ahmed Shafiq, in a tight race that deeply polarized the nation.

The country breathed a sigh of relief that at least the question of who won the presidential runoff had been resolved on Sunday, after the first free and fair elections in Egypt's modern history.

People returned to work a day after a panic that sent many home early for fear that violence might erupt when the winner was announced.

Traffic was flowing again through Cairo's Tahrir Square, the birthplace of last year's uprising and a major intersection that had been blocked for a week by



Mohammed Morsi THE ASSOCIATED PRESS

Tip-toeing into office

The contours are emerging of a backroom deal between the military and the Brotherhood that led to the ruling military council blessing Morsi as president.

- State TV showed footage of Morsi meeting Monday with the ruling military.
- The generals gave themselves sweeping powers that undercut the president.

Morsi supporters protesting against the military.
THE ASSOCIATED PRESS



Putin takes pause to remember on Israel trip

Russian President Vladimir Putin walks during an inauguration ceremony of a memorial to Red Army veterans of the Second World War in Netanya, Israel, Monday. The West's standoff with Iran over its nuclear program was expected to top the agenda as Putin began a 24-hour visit to Israel.

ALEXEI DRUZHININ/RIA NOVOSTI/THE ASSOCIATED PRESS

Leaving the tinderbox

General defects from Syrian army

A Syrian general was among the latest defectors from the country's military, officials said Monday. Dozens of Syrian soldiers fled overnight to Turkey, crossing the border with their families.

The general defected in recent days, Turkish officials said. Then, according to the state-run Anadolu news agency, 33 soldiers crossed the border overnight. There are conflicting reports but the group included possibly a second general and either two or three colonels.

THE ASSOCIATED PRESS

Tunisia

Jail time over cartoons upheld

A Tunisian court has upheld seven-and-a-half-year sentences on a conviction of posting cartoons of the Prophet Mohammed on Facebook. Jaber Majeri and an associate were each sentenced to jail and fined \$800 US.

THE ASSOCIATED PRESS

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Walmart Canada ramps up hiring

Expansion. Already one of Canada's largest employers, retail giant plans to hire 3,100 more workers by 2013

Walmart Canada is ramping up hiring amid rapid expansion in this country by the U.S.-based retail giant.

Walmart says it will open 47 hiring centres across the country as it adds a total of some 4,000 new employees this year and next, about 500 more than previously announced.

The mass retailer pays "above minimum wage," which varies by province, said Alex Robertson, spokesman for Walmart Canada, adding that employees can also participate in a profit-sharing program.

Robertson said the chain is "looking to hear" from former Zellers employees, whose experience would be taken into consideration.

"We decided on a demo-

Facing competition

By the end of 2013, Walmart Canada expects to spend some \$750 million to open, relocate or remodel 73 stores.

- Included are most of the 39 former Zellers stores for which Walmart Canada purchased leasehold rights in June 2011. They will reopen as Walmart stores in this fiscal year.
- The expansion comes as competition in the Canadian retail market heats up with the entry of fellow discount retailer Target next year. Target plans to open 125 to 135 stores.

cratic approach so we're looking at everybody the same way, but with the Zellers employees, they're all being interviewed," he said.

In addition to the permanent jobs, the various projects are expected to generate some 10,500 construction jobs.

"We are extremely excited to be adding more than 4,000 new associates to our team," said Bob Hakeem, senior vice-president of people at Walmart Canada, using the company's preferred term for employee.

Walmart Canada pharmacies are also in the midst of a significant hiring phase.

Walmart Canada has already hired 900 employees this year, from sales associates to managers in its stores across the country, to field operations and home office positions.

Already one of Canada's largest employers, it plans to hire an additional 3,100 workers by the end of 2013, raising its overall Canadian payroll to 94,000.

Walmart said more than half of the 73 projects will become supercentres, which offer an array of groceries as well as general merchandise. The retailer opened its first Canadian supercentres in Ontario in 2006 and has since ramped up expansion plans for the large-store concept.

THE CANADIAN PRESS



Samsung's latest model

Models display Samsung Electronics' newest smartphone, the Galaxy S III, during its world tour in Seoul, South Korea, on Monday. Samsung, the world's top mobile-phone maker, said Monday it expects global sales of the latest Galaxy smartphone to surpass 10 million in July even as it struggles to keep up with demand because of component shortages. The company said the Galaxy S III will be released in 147 countries by the end of July, aiming to get a jump on rival Apple before it announces a new version of the iPhone in the third quarter. Samsung released the smartphone through all major mobile U.S. carriers last week. SAMSUNG ELECTRONICS/THE ASSOCIATED PRESS

Tech trouble

RIM shares slide after downgrade

Research In Motion shares hit their lowest level since 2003 on Monday as the company was downgraded by investment firm Morgan Stanley, which called the company "essentially broken."

Morgan Stanley analyst Ehud Gelblum said while the troubles at RIM are well known, the investment firm believes estimates for the company need to come down even further over the next six months.

Shares in RIM traded as low as \$9.27 on Monday on the Toronto Stock Exchange, its lowest level since 2003 after adjusting for stock splits. The stock closed down 76 cents at \$9.36.

The drop came as RIM dismissed a Sunday Times newspaper report on the weekend that suggested the company was considering selling its handset manufacturing unit or a stake in the whole company.

Speculation that RIM may be sold or broken up increased earlier this year after the company hired JPMorgan Chase and RBC Capital Markets to help evaluate its strategic options.

THE CANADIAN PRESS

Market Minute

	DOLLAR 97.16¢ US (-0.44¢)
	TSX 11,330.39 (-105.15)
	OIL \$79.21 US (-55¢)
	GOLD \$1,588.40 US (+\$21.50)
Natural gas: \$2.694 US (+6.9¢)	
Dow Jones: 12,502.66 (-138.12)	

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Moms crack the Walmart market

Four Toronto-area moms with more than a dozen children between them have cracked the Walmart market with an idea for labelling the stuff kids lose.

After selling more than 50-million labels in 97 countries through Mabel's Labels online, the women have made a deal with Walmart Canada to put them on store shelves across the country.

The company's new product, blank, self-laminating write-on labels that stick to any surface and can withstand the microwave and dishwasher, are for parents who don't have time to order

online and wait for delivery.

Their Write Away! labels are for a must for the kid who's going to camp tomorrow.

Camps and daycares require that personal property — every sock, shoe, water bottle and backpack — be labelled and Mabel's Labels has been providing customized labels online for nine years.

Three years ago, the moms came up with a version that could be sold at retail.

Julie Cole, 41, a former lawyer and mom of six, founded the company with her sister Cynthia Esp and

two friends, Julie Ellis and Tricia Mumby.

They used to work out of a basement in Hamilton and now own a 14,000-square-foot facility in the city. They now employ 40 people.

Jenn Williams, category manager for stationery for Walmart Canada, had already known about Mabel's Labels because she was a mom herself.

"I was very excited they had come to us. They had done their research and were very well prepared. It was a perfect match for Walmart because our customer is Mom." **TORSTAR NEWS SERVICE**

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SEXISM IS NO JOKE



SHE SAYS...
Jessica Napier
metronews.ca/shesays

Every once in a while, you can count on some male comedian to drag out the hackneyed “girls-aren’t-funny” routine to try and gain some attention — or, in Adam Carolla’s case, sell

a book.

In an interview with the New York Post last week, the comedian complained about his personal struggle (eye roll) with unfunny female colleagues. “They make you hire a certain number of chicks, and they’re always the least funny on the writing staff,” he whined. “The reason why you know more funny dudes than funny chicks is that dudes are funnier than chicks.”

It’s pretty pathetic when a 48-year-old man uses words like “dudes” and “chicks” to offer commentary on gender roles in comedy. But I suppose this is the type of enlightened discourse we can expect from the comic genius behind The Man Show, a now-defunct program that featured such classic bro-centric segments as Guess Whose Asscrack and Breast Implant Fashion Show.

In reality

“There are a growing number of female comedians disproving these sexist theories, both in front of the camera and behind the scenes.”

If Carolla expects his staff writers to rely on low-brow, homophobic (GLAAD recently lambasted Carolla after he joked that the LGBT acronym should be changed to YUCK), frat-boy humour to get cheap laughs, then I’m not surprised to learn that he hasn’t encountered many women who adhere to his idea of funny.

Sadly, while the backlash against Carolla’s misogynistic remarks was substantial, he’s not alone in his sexist

ideas. The late Christopher Hitchens opined a similar argument in his infamous 2007 Vanity Fair essay titled Why Women Aren’t Funny.

In the piece, Hitchens suggested that men are obliged to be funny in order to attract members of the opposite sex. “Women have no corresponding need to appeal to men in this way,” he wrote. “They already appeal to men, if you catch my drift.” Presumably, Hitchens’ drift is that men are only attracted to women in a superficial (read: libido-driven) way. Underlying this belief is the dangerously chauvinist assumption that women are to be looked at, not heard from.

Thankfully, there are a growing number of female comedians disproving these sexist theories, both in front of the camera and behind the scenes. Kristen Wiig, Lena Dunham, Mindy Kaling, Wanda Sykes, Tina Fey, Betty White — the list of women who are funnier (not to mention more successful) than Adam Carolla is endless. These women produce and star in their own films and TV shows, they win awards, and they narrate audiobooks that will make you laugh aloud like a lunatic on the bus during your morning commute.

As for Adam Carolla, this washed-up man-child should go back to hosting his wildly successful podcast that you’ve probably never heard of.

New Yorkers beam at WTC site



SPENCER PLATT/GETTY IMAGES

9-11 memorial site

Beam completes steel skeleton

A construction worker signs the last steel beam before it is hoisted 300 metres to the top of 4 World Trade Center on Monday in New York City.

The trapezoidal glass and steel office building, which is designed as an architectural backdrop to the September 11 Memorial, is scheduled to open in 2013.

GETTY



Construction worker Frank Gasior gazes as the last steel beam is hoisted to the top of 4 World Trade Center. GETTY IMAGES

Then and now

“Ten years later, it’s pretty remarkable. This is a very proud moment. It’s full circle.”

Sally Rexach, a nurse who aids workers at the site as she did during the rescue and recovery work following Sept. 11. She said she had tears streaming down her face while the beam was lifted into the sky.

First tower completed

Redevelopment long overdue

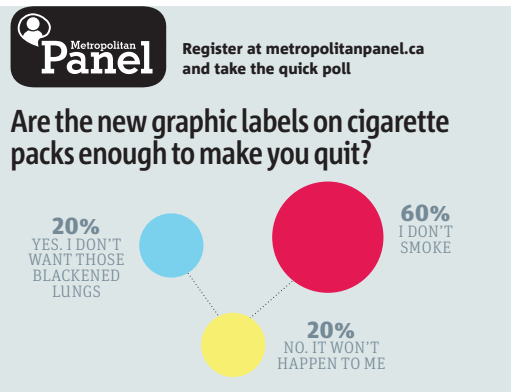
Developer Larry Silverstein told the crowd that his goal was “to give New Yorkers back the city terrorists tried to take away.”

After years of funding and planning disagreements that at times threatened progress, Silverstein acknowledged, “It’s been a very tough time.” But he added, “I’ve always believed in downtown New York.”

THE ASSOCIATED PRESS



Adam Carolla debuted his second book, Not Taco Bell Material, on June 12. It’s a memoir of the comedian’s life from the early years up to the present day. KEVIN WINTER/GETTY IMAGES FILE



Twitter

@JamesHMcLaren: Holy crap its only 13 degrees out in #ottawa!

@ottawa_events: Enjoy the sights, sounds & tastes of the Caribbean Islands at A Caribbean Carnival Soiree June 29th Tix only \$30 #Ottawa <http://t.co/7Ac2WN7z>

@frankiespankme: Applying for #geniusbar position at Apple store #ottawa. I'm sick of waiting on tables

@willsamuel: @AshPlaysOn it's waaaaay colder here in #Ottawa today. First time in a week I have long sleeves and jeans on

@Amber4Animals: Off to a rainy week here in #Ottawa. What do you do to keep your #dog busy inside on rainy days? #pets #rain #fun

@coreymintz: Just heard child ask “Mommy, can we have brussels sprouts.” I swear.

Alex Pettyfer bares all

Magic Mike. Actor talks about psyching himself up for semi-nude dancing

NED
EHRBAR
Metro World News in Hollywood

While audiences are already familiar with Alex Pettyfer after a busy 2011 — with *I am Number Four*, *Beastly* and *In Time* — they are about to see a lot more of him, to put it lightly, with the release of *Magic Mike*. Pettyfer stars as a newcomer to the world of male stripping taken under the wing of the titular Mike (Channing Tatum, who is also the inspiration for Pettyfer's character). Stripping may seem like a daunting gig, but it turns out baring all didn't bother him as much as learning to dance.

How awkward have interviews for this film been?

I guess you kind of like dive into the fact that when you do a male stripper movie, they're going to ask you interesting questions. So you have to take everything and bite the bullet. Yes, I think the most frequently asked question is biggest wardrobe malfunction. And I think the biggest wardrobe malfunction that you have is that when you wear a thong and you have screaming girls, it can accidentally fly off. Thank God that didn't happen to me. It was during Matthew (McConaughey's) dance. It was kind of very funny.

Once you've signed up for a role like this, clearly you know what you're in for. But how do you mentally psych yourself up for it?

It's a very scary thought, one, to dance, as I've never danced before, and two — the fact that you're going to dance practically naked, you kind just wrap your head around the fact that



Magic Mike opens in theatres on Friday. HANDOUT

you've got to dive into it fully. And the fact that all the other guys are in the same boat as us, doing the same thing and — apart from Channing — not having the experience beforehand, and having the experiences firsthand on the set was also very calming. I had to learn how to dance, because I can't dance. At all. To save my life (laughs). But at the end of the day, you don't want to go to a male strip club and we're all perfect, classic dancers. What's great about the movie is that it's fun and mistakes are forgiven. It's an amazing thing to watch the flaws of a stripper because more comedy and more grime

equals more reaction.

You're not playing Channing Tatum per se, but he is the basis for your character. Having him there must be...

A little awkward (laughs). It's a little awkward, yeah, because obviously he's a phenomenal dancer, for one, and you can't compete with that. And he's lived this life. But it actually really helped me, personally, because the awkwardness and vulnerability of not having experienced what goes on in this world was actually what my character had to experience, so it actually really helped.

You also had some very enthusiastic extras on set for the dance numbers.

Showgirls

What about that other stripper movie?

"A friend asked me if this is the male *Showgirls* — which it really isn't. I almost had a heart attack there. Like, are we

Showgirls? Oh, f—!", says Pettyfer.

But will people draw that connection anyway, because it's a movie about stripping? Pettyfer doesn't think so.

"You follow the characters through a journey," he says.

"It just happens to be in the world of male stripping."

They were phenomenal. I wouldn't really call them actresses because I think they were very, very glad to be there. On most film sets

with background, you have to be like, "Give more!" And with these guys, for 12 hours straight they were screaming.

2

SCENE

Scene in brief

Billy Ray heads to Broadway

Country singer Billy Ray Cyrus is making his Broadway debut in *Chicago*. The singer of *Achy Breaky Heart* and father of Miley Cyrus is detouring from his Nashville roots in taking on the role of criminal lawyer Billy Flynn for a seven-week engagement beginning Nov. 5. Cyrus starred with his daughter in the hit TV series *Hannah Montana*, and has acted in TV movies on Lifetime and the Hallmark Channel. Cyrus has also hosted country music's *Nashville Star* and was a competitor on *Dancing With The Stars*.

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On the web



Black Keys sue Pizza Hut, Home Depot for copyright infringement over song use in ads

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Anthony Bourdain: Off with their heads

MONICA WEYMOUTH
scene@metronews.ca

Somewhere between continent-hopping and mysterious cauldrons of soup, chef and No Reservations host Anthony Bourdain found the time to pen a graphic novel.

Part kitchen revenge fantasy, part kung-fu foodie fun, *Get Jiro!* includes a scene in which a man is decapitated for ordering a blasphemous California roll.

"There are people who work 60 years trying to get the same 20 to 25 pieces of classic sushi perfect, but they know they will never reach that point. That kind of drive for perfection

deserves respect," Bourdain told us when we caught up with him this week in New York City.

"So when you see somebody go into a regular sushi bar and treat it like it's crap or just another meal, well, I fantasized about seeing somebody lose their head!"

We wonder what the recommended punishment would be for a sriracha sprinkle. Not that we'd ever do that. We're just wondering — for our savage friends, whose heads aren't ours.



Anthony Bourdain ALL PHOTOS
GETTY IMAGES

Jason Segel 'totally smitten' with Michelle Williams

Things seem to be going well on the romance front for Michelle Williams and Jason Segel. Williams "hasn't been this happy in forever," a source tells *People* magazine of the couple, who made a brief appearance at the after-party for the premiere of her new film, *Take This Waltz*, in New York late last week.

Segel, for his part, is just as happy. "Jason is totally smitten," the source says. "It's like the first girl he's ever been this way with."



Jason Segel

Trebek has a heart attack

Longtime *Jeopardy!* host Alex Trebek suffered a mild heart attack over the weekend, but is expected to recover, according to the Hollywood Reporter.

Trebek, who has hosted the game show for 28 years, "is in good spirits and is currently under observation and undergoing further testing," a rep says. "He is expected to fully recover and be back at *Jeopardy!* when production begins taping in July for the new season."



Alex Trebek

Reese talks about her baby bump

While her baby bump has grown, Reese Witherspoon has stayed relatively mum on her pregnancy — her first with new husband Jim Toth.

But she finally acknowledged the obvious while at an event in Chicago, according to the *Chicago Sun-Times*. "Frankly, I'm feeling very round tonight," she told the crowd.



L'Orkestre des Pas Perdus performing at Confederation Park, Sunday night

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LIFE

Health minute

Why go meatless?

Why should people aim to reduce their consumption of red meat? Metro asked Meatless Monday founder, Sid Lerner, for a few reasons: "Animal fat is the villain. Red meat is high in cholesterol and saturated fat and knocking it off the menu is good for your health. Eating it in excessive amounts (a portion larger than the size of a deck of cards, more than three times week) could eventually trigger a heart disease and or, diabetes. Eating mass amounts of red meat messes up the environment. Reducing global consumption will lighten up our carbon footprint."

METRO

On the Web



The Lifesaving Society is hoping to prevent drownings among teens by strengthening their swimming skills before they hit high school

Go meatless this summer

Food for thought.

The Meatless Monday campaign is fighting to reduce global meat consumption by urging carnivores to go veggie one day a week. In the Meat Free Monday Cookbook veteran vegetarian, Beatles singer Paul McCartney, shares his favourite recipes. Here's one:

ROMINA
MCGUINNESS
Metro World News

It's no secret that a diet high in processed red meat can dramatically increase the risk of death from heart disease or cancer. But with the summer barbecue season in full swing, we've been gorging on burgers most weekends. Will cheese and beans ever rival the real deal? Probably not. But it's time to tackle the scary truth, one steak at a time.

This is a fantastic salad. Here it's served with tofu, but you could just as easily serve it with veggie burgers or vegetarian sausages, as well as fries and mashed potatoes.

Paul McCartney's Super Vegetable Salad



If you're looking for something other than a steak, this is the dish for you. CONTRIBUTED

1 Preheat the oven to 400°F and roast the cherry tomatoes for 10 minutes.



Paul and his daughters / CONTRIBUTED

2 Cover the bottom of a pan with cold water and place a steamer above it. Put the broccoli, green beans, and carrots in the steamer, turn the heat on quite high, and steam for about 15 minutes, occasionally prodding the carrots with a fork to see if they are done. Some people like them slightly crunchy, others prefer them a little softer.

3 While the vegetables are steaming, make a salad with the leaves and scallions.

4 Combine the cornmeal and herbs in a bowl. Heat some olive oil in a frying pan. Dip the tofu in the cornmeal mixture and then fry until golden.

5 Whisk together the ingredients for the dressing, but only pour over at the last minute.

Ingredients

Serves 4

- 28 cherry tomatoes
- 3 florets of broccoli
- 12 green beans, cut into 1 inch lengths
- 2 carrots, peeled and sliced into 1 inch pieces
- 1 lettuce — I like Romaine
- 3 scallions, finely chopped
- 2/3 cup cornmeal

- a handful of chopped herbs of your choice
- 9 ounces tofu, cut into slices
- olive oil for frying

For the dressing

- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard (optional)
- 1 teaspoon maple syrup (if you like a bit of sweetness)


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Pesticides still affecting our daily lives

Chemicals. Despite recent moves to remove them from our food system, they can still be found

CELIA MILNE
life@metronews.ca

Pesticides still lurk. Your city may have banned these pest-killing chemicals, but they continue to quietly cause illness in society.

The Ontario College of Family Physicians (OCFP) recently conducted a review of 142 studies on pesticides, and found their use is associated with disorders of breathing, brain development and reproduction.

"The bans are a great step in the right direction," says Dr. Kate Bassil, an epidemiologist at Mount Sinai Hospital, "but there is still an opportunity to decrease exposure."

Pesticides are still used in many ways: to kill bugs on house plants, in farming, in flea and tick products, and on lawns, explains Bassil, an assistant professor at the University of Toronto and an



Pesticides are still prevalent in our society's foods. ISTOCK

author of the review.

"The message from our report is, look at opportunities wherever possible to decrease exposure."

When a pregnant woman is being exposed to pesticides it can have negative effects on her developing baby — leading to low birth weight or abnormal reactions to stimuli.

"In the uterus, while the baby is developing, pesticides

can cross the blood-brain barrier and impact the developing brain," says Bassil.

The review also suggests that ADHD is more common in children who had higher levels of pesticide exposure during their mother's pregnancy.

Farm employees show an increased risk of asthma from working near pesticides 2,4-D and glyphosate.

"One simple message that

often comes up is about the fruits and vegetables we eat," says Bassil.

"Where possible, choose organic, but that is not always affordable, so wash your fruits and vegetables thoroughly."

The OCFP suggests that if you are exposed to pesticides in an agricultural setting, use personal protection equipment and change your clothes after work.

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All good things come to an end: a look at Lunch Rush



Clock-wise from top left: Bite This, Mama Grazzi, The Smoque Shack, Edgar and Odile. SHARI GOODMAN



LUNCH RUSH
Shari Goodman
food@metronews.ca

A good meal always has an end. And so too does this Lunch Rush column. Today is the last day for the column that shows you where to find your lunch in Ottawa in 40 minutes or less and with a \$25 budget.

After 138 restaurant lunch reviews, 4,000+ minutes lunching, 145 weeks of exploring the dining scene in Ottawa, I must choose my top five places to grab lunch or a best bite. A difficult task.

The food truck scene in Ottawa is in its infancy. But Bite This is on the cutting edge, offering, on the street, haute cuisine such as the Cowboy Wannabe of grilled sirloin, roasted peppers, caramelized onions and goat cheese.

My most memorable review is from Mama Grazzi's because of my fond memories there. The Brado, which is ravioli stuffed with cheese,

garlic and chili peppers is perfect, but it's the experience that lingers.

For a long time, you couldn't get decent ribs in Ottawa. The Smoque Shack fixed that issue. The Jamaican jerk chicken is lip-tin-gling good, the pulled pork has a dash of sweetness and the meaty pork side ribs are extremely tender.

Finally, be pampered with goodness at either Odile or Edgar. Both are run by the same chef-owner, Marysol Foucault, who knows how to treat your taste buds and pamper you with fine food such as the Croque Odile: smoked artisanal ham, creamy béchamel, melted gouda, arugula, thinly sliced apples and toasted walnuts on crusty bread.

Thanks to all of you for sharing this culinary journey with me. Remember, the best lunches are shared with friends.

And that's my wish for you. Eat. Enjoy life. Spend time with friends and loved ones. Bon appétit.

Honeycomb and Brie English Muffin Pizzas. One of the best combos



1. Heat the oven to broil.
2. In a medium skillet over a medium-high temperature, heat the olive oil. Add the onion, garlic and thyme, then sauté for 5 minutes, or until the onion starts to get tender. Season with salt and pepper, then set aside.
3. Split each English muffin in half and arrange cut side up on a baking sheet. Set under the broiler just long enough to lightly toast, about 1 minute.
4. Top each muffin half with a brie, then spoon a bit of the onion mixture over each. Place under the broiler for another minute. Transfer the halves to serving plates, then top each with a spoonful of honeycomb. Serve immediately.

THE ASSOCIATED PRESS

Ingredients

- 1 tablespoon olive oil
- 1 medium red onion, thinly sliced
- 1 clove garlic, minced
- 1/2 teaspoon dried thyme
- Salt and ground black pepper
- 4 large whole-wheat English muffins
- 6 ounces brie, thinly sliced
- Honeycomb

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How to socialize your partner and not be annoying



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Charles, I have to admit that the man I chose to be my boyfriend has some traits that I would prefer he did not possess. OK, I admit it: I think he has bad manners. For example, he has a habit of forgetting to ask for his water without ice at restaurants. At the end of the meal, he wants to drink water without ice, so he scoops ice out with a fork or a spoon and puts it in his empty plate. Then he drinks the water. Sometimes I try not to let it bother me, especially when we're in a really casual restaurant. However the other night he did it in a small, fancier restaurant, and I could see people looking at him. How do I socialize my boyfriend without being an annoying girlfriend who is overtly trying to socialize her boyfriend? I've tried to model ordering water without ice (even though I prefer ice) but he doesn't get the hint. Rolling my eyes and being annoyed when he does stuff like that



Take the hint, honey! iSTOCK

is more effective at getting him to stop, but I don't like acting like that.

Stressed Girlfriend

Dear Stressed Girlfriend,

I'm a firm believer you must deal with this issue head on and sooner rather than later, so how do we do this?

Firstly, not in public, nor in front of a waiter, pick a private place when it is just the two of you. Once alone, I think I would just come right out and say, "You know John, I've noticed that

when you pick the ice out of your glass, people at the tables around us are staring at you, and it is making me uncomfortable. Would you please do me a favour and when you order water, can you please order it without ice?"

The reason I like this method is because it tells him about others who have observed his behaviour and as his girlfriend, how this makes you uncomfortable.

Please let us know how it goes! Fingers crossed!

MAXIMUM BENEFITS

CREDIT CARDS OFFER ADVANTAGES

Many Canadian families are tightening their belts, and examining the role of credit cards is an important step when you review your household budget. With more than 70 million credit cards now in circulation in Canada, we easily take for granted the number of real benefits they can provide for the average consumer.

When you use a credit card for everyday shopping, for instance, you don't need to carry a large amount of cash or provide the additional identification necessary to pay with a cheque.

A credit card also gives you a complete detailed summary of your monthly spending, an indispensable tool for creating and managing a budget.

Young Canadians should be aware that

acquiring a credit card and using it responsibly is the quickest way to establish a positive credit rating, an absolute necessity for when they apply for a car loan or mortgage. Maintaining a strong credit rating by paying your credit card bills on time will help secure the lowest possible interest rate when you do apply for a mortgage or loan.

Credit cards often get a bad rap as debt magnets. On average, however, they account for less than five per cent of total household debt. Since more than 64 per



cent of us pay our credit card balance in full each month, most of us pay an effective interest rate of zero. A credit card provides a convenient and secure way to shop, budget and manage your finances.

With the growing popularity of online shopping, credit cards have become even more essential; they can also help reduce the hassles of travel.

Millions of merchants accept major credit cards around the world, so you rarely have to worry about having foreign currency on hand. Furthermore, they are usually required to reserve a hotel room, rent a car, and make other travel arrangements.

Depending on the credit card you choose, you can earn points toward travel or merchandise with every dollar you spend. Many people use credit cards for regular expenses such as groceries and monthly bill payments to amass as many points as possible. Some cards also include plans that extend warranties and offer insurance on purchases. Competition amongst card providers for your business is fierce — with a bit of research, you can get a card with the extra features that suits your needs exactly, maximizing the benefits.

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Pay down your mortgage.



In the dark: Don't miss a mortgage payment because the Internet is down. CONTRIBUTED

Does the Net handle all your finances?

Plugged in. Trying to pay a bill or cancel a card can be a total nightmare when the Internet is down — have a back-up plan



YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisononmoney

We're all pretty much tech addicts these days and nowhere is this dependency more evident than in our Internet love affair. But everyone must have a fall back plan if you lose your connection, especially for financial data. I know of what I write.

This week I lost my service for a couple of hours and it pretty much brought my

work to a standstill. I couldn't access e-mail, let alone pay bills or check my calendar. I also had to contact my bank regarding a transaction. But have you ever tried to contact a specific person at a branch when you can't even locate a current phone book?

When the Internet abandons you the biggest concern is accessing your financial life. Delays could mean interest charges or other penalties.

One reader missed making his RRSP contribution when he lost service the night of the deadline. That cost him thousands in tax.

Here are four important steps you should take to protect your finances from cyber interruption.

1. **Save.** With programs such as Yahoo or Gmail, which are not resident in your computer, save important e-mails to your hard disk. Search the respective help programs for instructions. But I find it is even quicker to cut and paste e-bills or other important financial e-mails and save them in Word.

The advantage here is that you can make notes about when a bill is paid or add in-

formation about changing a cell or cable package, for example, with the relevant confirmation number. Assuming you back up your computer the information is easily accessible, Net or no Net.

2. **Contacts.** Print your contact list and make sure you have contact numbers for every bill you pay as well as for your bank and brokerage. Store it somewhere safe.

3. **Inventory.** Have a hard copy of all banking information including account numbers, passwords and security questions. I abbreviate the latter two for safety. For extra protection store it in a safety deposit box but be aware that if the bank isn't open you're stuck.

4. **Calendar.** Maintain a simple hard copy calendar or one resident on your computer noting when all bills are due. It will be a lifesaver if the Internet goes dark.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

Alison's money rule

"Love the Net but be sure to have a financial back-up plan for when it fails."

Owning your home
shouldn't come at the
expense of living.

Life adds up.
Your finances
should too.

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LOW RATE**

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IN SAVINGS***

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On the cheap

Ten ways to save money moving



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
Twitter: @Lesleyscorgie

I spent this past weekend moving out of my suburban house and into my new downtown condo. Though I knew it would be expensive, I underestimated the timing of my total costs.

My VISA card hasn't seen this much action in one weekend since the time it was stolen four years ago.

Here are ten easy ways to save big when moving.

1. In advance of your move, prepare a budget. A budget is a tool to help you plan for your total moving expenses so you can avoid unnecessary debt once the bills start rolling in. Include costs such as truck rental, mileage, movers, soft costs and more.

2. Plan for soft costs which fall outside of your expected moving expenses such as utility, cable, Internet and phone hook-ups. Closing costs for a house such as legal fees and taxes

can add up to thousands. Don't get caught off-guard by soft costs! Ask your realtor or lawyer what to expect.

3. Downsize before you move so there will be less to transport. I sold 80 per cent of my furniture prior to moving through Kijiji. I also donated boxes of clothes, coats, boots, games and other household goods to a local charity. Use websites such as Craigslist, Kijiji, eBay and others to off-load your goods.

4. Rather than paying a moving company to pack up, transport, and unpack your house, do it yourself. If you're moving locally, bribe your friends to help with pizza, beer, begging and a big "thank you". Borrow a pick-up truck, and cart your things over by the truckload.

If you've got a long haul to your new place, rent a truck through a company like U-Haul. Alternatively, it can be more affordable to ship your stuff using a pod rather than a moving truck.

5. If you need to hire movers, get multiple quotes, which will help you negotiate for the best rate. Work alongside with movers, so that you can reduce the time it takes and total billable

hours. Save big by moving in the off season or mid-week rather than on the weekend.

6. Negotiate everything. Moving company's fees, truck rates, and much more are negotiable. Ask for a discount, present a competitive offer and if the manager doesn't want to cut you a deal, take your business elsewhere.

7. Clean up yourself. Unlike my new condo, which was a pigsty when I took possession, most new homes are supposed to be clean. Don't hire a cleaner. Grab your rubber gloves and start scrubbing.

8. Save on packing supplies. Borrow boxes from friends, or ask your local grocery store for free ones. Dollar stores sell inexpensive packing tape and markets. Use your clothes, towels and sheets to wrap delicate items rather than buying bubble wrap.

9. Deduct qualified moving expenses from your taxes. Check with your accountant whether your expenses are deductible and keep all of your moving receipts.

10. If you're moving for work, ask your employer to pay for it.



Don't forget to put your piggy bank in the U-Haul van. ISTOCK IMAGES

Build up your savings.



In addition to a great low rate on a 5-year mortgage, you'll also benefit from flexible payment options to help you manage your cash flow.

Get \$4,000 cash back up-front as well as \$2,000 cash back over the term of your mortgage.¹ On a \$400,000 mortgage. Conditions apply. Ask for details.

Ask about how you can earn up to 25,000 Aeroplan® Miles.²



FOR WHAT MATTERS.

For mortgage payments and deposit of cash back. Up front cash back amount is repayable if mortgage is discharged, transferred or renewed before maturity date. Other conditions apply. ¹Only one Aeroplan Account is eligible for Aeroplan Miles on your mortgage. Aeroplan Miles have ²Aeroplan is a Registered Trademark of Aeroplan Canada Inc. Offer expires June 30, 2012. For details, visit cbc.com/buildthousands. "Life adds up. Your finances should too." and Design and CIBC Wealth Builder Mortgage are TMs of CIBC. "CIBC For what matters." is a trademark of CIBC.

4

SPORTS

Women's soccer

"We're a very confident team right now and we feel that on any given day, we can beat the Japan's, the U.S.A.'s, the Swedens."

Canadian women's soccer captain Christine Sinclair. She says her experienced team is primed for this summer's Olympics. The 18-woman squad announced Monday has a combined 1,374 caps. After the team's poor showing at last year's World Cup, Sinclair acknowledges it's time for the seventh-ranked Canadians to deliver against top opposition.

"We're a confident team and we feel that we can beat them, but that's just words. We have to actually do it."

Christine Sinclair
THE CANADIAN PRESS

On the web



Canadian welterweight Rory (Ares) MacDonald is looking to take down a legend at UFC 152 in Toronto. And he may get to do it in the main event. The British Columbian's fight against former champion B.J. Penn is currently listed as the co-main event for the Sept. 22 show at the Air Canada Centre. But a possible main event apparently won't take place. Scan the code for the story.

NHL. Sakic, Shanahan head list of hall hopefuls

Joe Sakic, Brendan Shanahan, Mats Sundin and Jeremy Roenick lead the list of first-year eligible players hoping to get the call from the Hockey Hall of Fame.

The hall will announce its newest inductees on Tuesday. The 2012 class will enter the hall on Nov. 22.

"Every year now it's getting real difficult," Hall of Famer Scotty Bowman, a member of the hall's 18-member selection committee, said of choosing the inductees.

THE CANADIAN PRESS



Joe Sakic won two Stanley Cups and had 625 goals and 1,016 assists in 1,378 NHL games. GETTY IMAGES

NHL. Star players align ahead of CBA negotiations

It could have been an all-star team.

First Alex Ovechkin strode through the hotel lobby and into a meeting room. Soon Jonathan Toews, John Tavares, Shea Weber, Shane Doan and 50 other NHLers followed — as sure a sign as any about how seriously members of the NHL Players' Association are taking their last set of meetings before negotiations begin on a new collective bargaining agreement.

NHLPA executive director Donald Fehr has repeatedly talked about how important it

Quoted

"It's the future for everybody.... It's our lives."

Alex Ovechkin on upcoming collective bargaining agreement negotiations

is for a wide variety of players to be engaged in the process. Now he's reached the moment of truth — formal CBA talks with the NHL will begin "very quickly" after this session ends Wednesday, according to Fehr.

THE CANADIAN PRESS

Former Wimbledon champ Venus Williams ousted

Tennis. Williams was diagnosed with an autoimmune disease last year

Racket bag slung over her shoulder, resignation written across her face, Venus Williams weaved through fans milling about on the sidewalks that players must traverse to get from Court 2 to the Wimbledon locker-rooms.

The 32-year-old Williams had just absorbed a lopsided first-round loss at the Grand Slam tournament she once ruled, a poor performance that raised questions about how much longer she will keep playing tennis while dealing with an energy-sapping illness.

She trudged by as her hitting partner, David Witt, was saying: "It's tough to watch sometimes. I think everybody sees it. I don't know what else to say."

Looking lethargic, and

Isner out

- John Isner, best known for winning the longest match in tennis history, went five sets at Wimbledon again — and lost this time, to 73rd-ranked Alejandro Falla.

rarely showing off the power-based game that carried her to five Wimbledon titles and seven majors overall, Williams departed meekly Monday with a 6-1, 6-3 defeat against 79th-ranked Elena Vesnina of Russia. Only once before — as a teenager making her Wimbledon debut in 1997 — had Williams exited so early at the All England Club.

Still, Williams said she'll be at the London Olympics next month and is "planning" to be back at Wimbledon next year.

"I feel like I'm a great player," Williams said.

THE ASSOCIATED PRESS



Venus Williams leaves the court after her match against Elena Vesnina Monday at the All England Lawn Tennis and Croquet Club in London. CLIVE ROSE/GETTY IMAGES

Women's basketball

Canadians step closer to London

The Canadian women's basketball team moved a step closer toward qualifying for the London Games.

Canada thumped Mali 89-23 on Monday in the opening game for both teams at a FIBA Olympic qualifying tournament.

THE CANADIAN PRESS

NBA

Heat celebrate with parade

With tens of thousands of fans lining the route, the Miami Heat held their championship parade on Monday. Players and coaches were on double-decker buses with friends and family, most taking photos and video of the crowd.

THE ASSOCIATED PRESS



Dwayne Wade Monday in Miami. SARAH GLENN/GETTY IMAGES

Marijuana

Gymnast banned after drug test

A Canadian gymnast has been suspended for six months after testing positive for marijuana.

The world governing body of gymnastics says Cory Marsh, 18, from Oakville, Ont., failed a drug test in Orlando in April.

THE CANADIAN PRESS

Germany aims to change tradition vs. Italy



Head coach Joachim Low, right, talks to Bastian Schweinsteiger during a Germany training session Monday in Gdansk, Poland. JOERN POLLEX/GETTY IMAGES

Germany's young team can achieve something none of its predecessors have ever managed — beat Italy at a major tournament.

With such a negative record against Italy, no wonder the Germans don't want to be reminded of the past ahead of Thursday's European Championship semifinals in Warsaw.

It was Italy that smashed German hopes of winning the 2006 World Cup at home, beating the hosts in the semifinals with two late goals. Germany captain Philipp Lahm said his teammates are not concerned with statistics, but the coaching

Head-to-head

Of seven previous World Cup or European Championship matches between Germany and Italy, the latter has won three and the others were draws.

staff has been impressed by the cool nerves of Andrea Pirlo.

"That was cheeky," goal-keeping coach Andreas Koepke said Monday of Pirlo's chipped penalty kick in the quarter-final win over England. "Of course we remember earlier matches

and we remember 2006 as well. But it's in the past."

Germany is in the semifinals for the fourth straight major tournament. The team made the final of Euro 2008 and the semifinals of the 2010 World Cup, losing both times to Spain. Germany has won 15 straight competitive matches, a record.

"We are confident we can beat any team, but it will be tough. Italy showed how well it can play already by holding Spain to a draw," said Mesut Ozil. "We are strong in attack and in defence, we believe in ourselves and we want the title." THE ASSOCIATED PRESS

MLB				
AMERICAN LEAGUE				
EAST DIVISION				
	W	L	Pct	GB
New York	43	28	.606	—
Baltimore	41	31	.569	2½
Tampa Bay	40	32	.556	3½
Boston	38	34	.528	5½
Toronto	37	35	.514	6½
CENTRAL DIVISION				
	W	L	Pct	GB
Chicago	38	34	.528	—
Cleveland	37	34	.521	½
Detroit	35	37	.486	3
Kansas City	31	39	.443	6
Minnesota	29	42	.408	8½
WEST DIVISION				
	W	L	Pct	GB
Texas	45	28	.616	—
Los Angeles	40	33	.548	5
Oakland	35	38	.479	10
Seattle	31	43	.419	14½

Monday's results
Cleveland at N.Y. Yankees
Toronto at Boston
Detroit at Texas
Chicago White Sox at Minnesota
Tampa Bay at Kansas City
Oakland at Seattle
Tuesday's games — All Times Eastern
Cleveland (Masterson 4-6) at N.Y. Yankees (P.Hughes 7-6), 7:05 p.m.
L.A. Angels (C.Wilson 8-4) at Baltimore (Matusz 5-8), 7:05 p.m.
Toronto (Laffey 0-0) at Boston (Matsuzaka 0-2), 7:10 p.m.
Detroit (Smlyl 2-2) at Texas (Danvish 9-4), 8:05 p.m.
Chicago White Sox (Floyd 5-7) at Minnesota (Hendriks 0-4), 8:10 p.m.
Tampa Bay (Archer 0-1) at Kansas City (B.Chen 6-6), 8:10 p.m.
Oakland (Blackley 1-2) at Seattle (Vargas 7-7), 10:10 p.m.

INTERLEAGUE
Sunday's results
Miami 9 Toronto 0
Baltimore 2 Washington 1
Boston 9 Atlanta 4
Chicago WSox 1 Milwaukee 0 (10 innings)
Detroit 3 Pittsburgh 2
Houston 7 Cleveland 1
L.A. Angels 5 L.A. Dodgers 3
Minnesota 5 Cincinnati 3
N.Y. Yankees 6 N.Y. Mets 5
Oakland 4 San Francisco 2
San Diego 2 Seattle 0
St. Louis 11 Kansas City 8
Tampa Bay 3-7 Philadelphia 2-3
Texas 4 Colorado 2

AMERICAN LEAGUE BATTING						
	G	AB	R	H	Avg.	
Konerko, ChiW	65	240	36	82	.342	
Trout, LAA	51	207	43	70	.338	
Beltre, Tex	69	266	41	86	.323	
Hamilton, Tex	66	254	46	81	.319	
Trumbo, LAA	64	237	34	75	.316	
Mauer, MIN	63	228	33	72	.316	
Jeter, NYY	70	302	40	92	.305	
Felder, Det	72	270	36	82	.304	

NATIONAL LEAGUE BATTING						
	G	AB	R	H	Avg.	
DWright, NYM	69	253	47	91	.360	
Votto, Cin	71	245	47	88	.359	
McBarrera, SF	70	291	49	102	.351	
Ruiz, Pha	65	207	30	72	.348	
McCutchen, Pgh	68	253	39	86	.340	
CGonzalez, Col	65	265	52	87	.328	
Braun, Mil	68	260	47	83	.319	
YMolina, StL	66	242	31	77	.318	
Prado, Atl	70	276	42	87	.315	

Not including Monday's games

NATIONAL LEAGUE				
EAST DIVISION				
	W	L	Pct	GB
Washington	41	29	.586	—
New York	39	34	.534	3½
Atlanta	38	34	.528	4
Miami	34	38	.472	8
Philadelphia	34	40	.459	9
CENTRAL DIVISION				
	W	L	Pct	GB
Cincinnati	39	32	.549	—
Pittsburgh	38	33	.535	1
St. Louis	38	35	.521	2
Milwaukee	33	39	.458	6½
Houston	30	42	.417	9½
Chicago	24	48	.333	15½
WEST DIVISION				
	W	L	Pct	GB
Los Angeles	43	30	.589	—
San Francisco	40	33	.548	3
Arizona	37	35	.514	5½
Colorado	27	44	.380	15
San Diego	26	47	.356	17

Monday's results
Pittsburgh at Philadelphia
Milwaukee at Cincinnati
St. Louis at Miami
N.Y. Mets at Chicago Cubs
San Diego at Houston
Washington at Colorado
L.A. Dodgers at San Francisco
Sunday's result
Arizona 5 Chicago Cubs 1
Tuesday's games — All Times Eastern
Pittsburgh (Bedard 4-7) at Philadelphia (Worley 3-4), 7:05 p.m.
Arizona (D.Hudson 3-1) at Atlanta (T.Hudson 5-3), 7:10 p.m.
Milwaukee (Estrada 0-3) at Cincinnati (Arroyo 3-5), 7:10 p.m.
St. Louis (Lohse 6-2) at Miami (Zambrano 4-5), 7:10 p.m.
N.Y. Mets (Gee 5-5) at Chicago Cubs (R.Wells 1-2), 8:05 p.m.
San Diego (K.Wells 0-0) at Houston (Lyles 1-4), 8:05 p.m.
Washington (G.Gonzalez 9-3) at Colorado (Friedrich 4-4), 8:40 p.m.
L.A. Dodgers (Kershaw 5-3) at San Francisco (Vogelsong 6-3), 10:15 p.m.

AUTO RACING

NASCAR SPRINT CUP

POINTS LEADERS
Through June 24
1. Matt Kenseth, 596 points. 2. Greg Biffle, 585.
3. Dale Earnhardt Jr., 582. 4. Jimmie Johnson, 571.5. Tony Stewart, 533. 6. Kevin Harvick, 532.
7. Clint Bowyer, 529. 8. Denny Hamlin, 523. 9. Martin Truex Jr., 520. 10. Brad Keselowski, 490.
11. Carl Edwards, 479. 12. Kyle Busch, 459. 13. Ryan Newman, 453. 14. Paul Menard, 445. 15. Joey Logano, 441. 16. Marcos Ambrose, 425. 17. Kasey Kahne, 421. 18. Jeff Gordon, 414. 19. Jeff Burton, 408. 20. Jamie McMurray, 402.
21. Aric Almirola, 388. 22. Juan Pablo Montoya, 387. 23. A.J. Allmendinger, 365. 24. Mark Martin, 341. 25. Regan Smith, 338. 26. Bobby Labonte, 336. 27. Kurt Busch, 331. 28. Casey Mears, 296.
29. David Ragan, 278. 30. David Gilliland, 264.
31. Travis Kvapil, 228. 32. Landon Cassill, 227.
33. Dave Blaney, 219. 34. David Reutimann, 198.
35. J.J. Yeley, 117. 36. Brian Vickers, 106. 37. David Stremme, 103. 38. Michael McDowell, 83.
39. Tony Raines, 61. 40. Ken Schrader, 60.
41. Josh Wise, 59. 42. Brendan Gaughan, 50. 43. Terry Labonte, 42. 44. Stephen Leicht, 37. 45. Scott Speed, 31. 46. Scott Riggs, 27. 47. Michael Waltrip, 26. 48. Boris Said, 15. 49. Hermie Sadler, 13. 50. Robby Gordon, 11.

GOLF				
PGA FEDEXCUP STANDINGS				
Through June 24 (all figures in U.S. dollars)				
Points—Money YTD				
1. Jason Dufner	1,849	—\$4,077,013		
2. Bubba Watson	1,617	—\$3,732,778		
3. Hunter Mahan	1,572	—\$3,387,212		
4. Tiger Woods	1,452	—\$3,050,398		
5. Matt Kuchar	1,423	—\$3,325,352		
6. Zach Johnson	1,420	—\$3,084,941		
7. Rory McIlroy	1,372	—\$3,164,700		
8. Phil Mickelson	1,313	—\$2,857,371		
9. Webb Simpson	1,298	—\$2,771,722		
10. Carl Pettersson	1,258	—\$2,559,113		
11. Rickie Fowler	1,197	—\$2,731,569		
12. Justin Rose	1,169	—\$2,636,250		
13. Johnson Wagner	1,142	—\$2,107,868		
14. Luke Donald	1,070	—\$2,299,506		
15. Kyle Stanley	992	—\$2,035,353		
16. John Huh	982	—\$2,120,080		
17. Mark Wilson	940	—\$1,953,639		
18. Jim Furyk	931	—\$1,939,396		
19. Bill Haas	922	—\$1,887,862		
20. Keegan Bradley	915	—\$1,764,635		
21. Steve Stricker	911	—\$1,862,017		
22. Dustin Johnson	898	—\$1,815,950		
23. Marc Leishman	897	—\$1,732,982		
24. Brandt Snedeker	888	—\$1,757,814		
25. Ben Curtis	886	—\$2,154,480		
26. Martin Laird	847	—\$1,885,834		
27. Graeme McDowell	812	—\$1,827,484		
28. Ernie Els	802	—\$1,644,658		
29. Kevin Na	779	—\$1,690,805		
30. Ben Crane	747	—\$1,508,555		
31. John Rollins	719	—\$1,420,187		
32. Robert Garrigus	709	—\$1,329,838		
33. Charlie Wi	709	—\$1,269,142		
34. Spencer Levin	695	—\$1,240,911		
35. Lee Westwood	690	—\$1,692,789		
36. Louis Oosthuizen	690	—\$1,549,652		
37. Bo Van Pelt	664	—\$1,426,122		
38. D.A. Points	662	—\$1,345,313		
39. Jonathan Byrd	655	—\$1,486,315		
40. Brian Davis	655	—\$1,177,793		
41. Ryan Palmer	641	—\$1,163,762		
42. Matt Every	641	—\$1,365,897		
43. Michael Thompson	628	—\$1,215,966		
44. Ken Duke	622	—\$1,170,420		
45. Charles Howell III	621	—\$896,483		
46. John Senden	604	—\$1,089,172		
47. Cameron Tringale	603	—\$1,112,016		
48. Brendon de Jonge	596	—\$910,675		
49. Charley Hoffman	579	—\$1,132,519		
50. George McNeill	573	—\$1,031,675		
51. Kevin Stadler	561	—\$1,035,276		
52. Rory Sabbatini	545	—\$1,030,540		
53. Padraig Harrington	538	—\$1,150,762		
54. Aaron Baddeley	535	—\$1,015,289		
55. David Toms	524	—\$1,071,928		
56. Ryan Moore	518	—\$948,294		
57. Sean O'Hair	518	—\$788,794		
58. Sang-Moon Bae	510	—\$967,285		
59. Seung-Yul Noh	507	—\$831,292		
60. Dicky Pride	503	—\$1,088,363		
61. Jeff Overton	495	—\$845,378		
62. Bud Cauley	492	—\$771,461		
63. Scott Piercy	485	—\$852,965		
64. Jimmy Walker	483	—\$871,808		
65. Greg Owen	477	—\$827,163		
66. Pat Perez	473	—\$795,467		
67. Chris Stroud	469	—\$856,236		
68. Bryce Molder	466	—\$759,795		
69. Greg Chalmers	464	—\$588,292		
70. Nick Watney	463	—\$822,007		
71. Jason Blixt	455	—\$873,798		
72. Harris English	455	—\$830,806		
73. John Merrick	454	—\$758,273		
74. Geoff Ogilvy	445	—\$744,108		
75. Ian Poulter	443	—\$914,708		
76. J.B. Holmes	440	—\$779,430		
77. Fredrik Jacobson	434	—\$833,431		
78. Tom Gillis	432	—\$726,804		
79. Vijay Singh	429	—\$654,805		
80. K.J. Choi	423	—\$682,445		
81. Robert Allenby	415	—\$759,557		
82. John Mallinger	410	—\$623,490		
83. Bob Estes	402	—\$635,558		
84. James Driscoll	400	—\$635,678		
85. Sergio Garcia	396	—\$801,316		
86. Henrik Stenson	394	—\$701,103		
87. Harrison Frazar	386	—\$720,635		
88. Blake Adams	383	—\$627,017		
89. Charl Schwartzel	380	—\$810,744		
90. Daniel Summerhays	379	—\$674,625		
91. Andres Romero	377	—\$700,619		
92. Ricky Barnes	376	—\$626,889		
93. Colt Knost	370	—\$746,846		
94. Chad Campbell	370	—\$508,149		
95. Martin Flores	365	—\$557,767		
96. Jeff Maggert	363	—\$517,778		
97. Brian Gay	357	—\$618,043		
98. Adam Scott	356	—\$738,899		
99. Tommy Gainey	350	—\$620,881		
100. David Hearn	350	—\$585,355		
101. Boo Weekley	335	—\$627,199		
102. Billy Mayfair	335	—\$514,162		
103. Kevin Chappell	333	—\$443,157		
104. Brian Harman	332	—\$522,818		
105. Roberto Castro	330	—\$360,258		
106. J.J. Henry	325	—\$571,495		
107. Will Claxton	323	—\$453,062		
108. Davis Love III	323	—\$552,384		
109. Chris Kirk	318	—\$549,571		
110. Trevor Immelman	309	—\$476,104		
111. David Mathis	307	—\$575,980		
112. Kevin Streelman	306	—\$580,337		
113. Graham Delaet	305	—\$539,142		
114. Tim Herron	296	—\$353,970		
115. Jason Day	295	—\$579,786		
116. William McGirt	289	—\$403,418		
117. Brendan Steele	288	—\$599,915		
118. Vaughn Taylor	280	—\$462,618		
119. Kyle Reifers	268	—\$334,158		
120. Kris Blanks	268	—\$365,659		

BASKETBALL

WOMEN'S OLYMPIC QUALIFYING

At Ankara, Turkey
PRELIMINARY ROUND
Monday's results
Canada 89 Mali 23
Croatia 84 Mozambique 62
Czech Republic 70 New Zealand 51
Turkey 65 Puerto Rico 53
Tuesday's games — All Times Eastern
Mozambique vs. South Korea, 7:30 a.m.
New Zealand vs. Argentina, 9:45 a.m.
Turkey vs. Japan, 12 noon
Canada vs. France, 2:15 p.m.
Wednesday's games
Croatia vs. South Korea, 7:30 a.m.
Japan vs. Puerto Rico, 9:45 a.m.
Argentina vs. Czech Republic, 12 noon
France vs. Mali, 2:15 p.m.
End of Preliminary Round

CFL

PRE-SEASON (FINAL)

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Toronto	2	2	0	0	54	44	4		
Hamilton	2	1	1	0	50	54	2		
Winnipeg	2	1	1	0	47	36	2		
Montreal	2	0	2	0	30	47	0		

WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		
B.C.	2	2	0	0	68	26	4		
Calgary	2	2	0	0	53	48	4		
Saskatchewan	2	0	2	0	41	77	0		
Edmonton	2	0	2	0	33	44	0		

REGULAR SEASON

WEEK ONE
All Times Eastern
Friday's games
Saskatchewan at Hamilton, 7 p.m.
Winnipeg at B.C., 10 p.m.
Saturday's game
Toronto at Edmonton, 7 p.m.
Sunday's game
Montreal at Calgary, 7 p.m.

TENNIS

WIMBLEDON

At London
Yesterday's results (seedings in parentheses)
MEN
Singles — First Round
Novak Djokovic (1), Serbia, def. Juan Carlos Ferrero, Spain, 6-3, 6-3, 6-1.
Roger Federer (3), Switzerland, def. Albert Ramos, Spain, 6-1, 6-1

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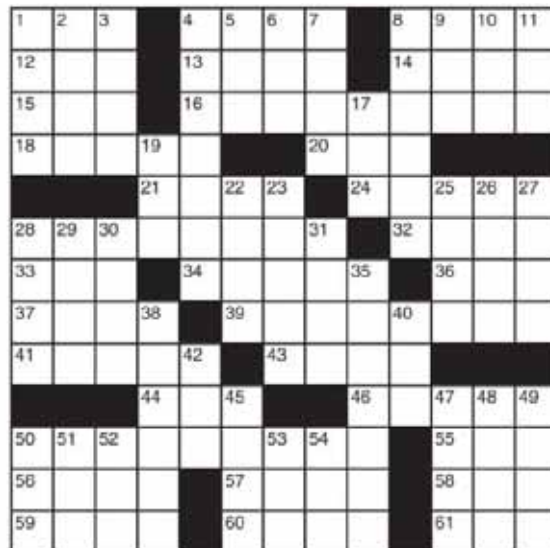
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Across

- 1 Pump up the volume
- 4 Bloke
- 8 Hit hard
- 12 Spell-down
- 13 Tortoise's rival
- 14 Addict
- 15 Type units
- 16 Those who refuse to face problems
- 18 Bottom line
- 20 Squid squirt
- 21 Mother of Castor and Pollux
- 24 Informative
- 28 "The Blue Angel" star
- 32 Burrito's cousin
- 33 Request
- 34 Neighborhoods
- 36 Droop
- 37 Evidenced a pinprick
- 39 Parasitic worm
- 41 Auto style
- 43 Highland hillside
- 44 Vast expanse
- 46 Investigate
- 50 French cardinal
- 55 Crony
- 56 Rue the run
- 57 Young horse
- 58 Donkey
- 59 Nobility member
- 60 Atmosphere

Down

- 1 Help a hood
- 2 Note from the boss
- 3 Nuisance
- 4 Epidemic illness
- 5 Owns
- 6 Illustrations
- 7 Graceful woman
- 8 Pail
- 9 Blond shade
- 10 Witness
- 11 Day fractions (Abbr.)
- 17 Hostel
- 19 Elev.
- 22 Gossip
- 23 Tart in tone
- 25 "Now then, where —?"
- 26 Read bar codes
- 27 Guru's exercises
- 28 Light applications
- 29 Gilligan's home
- 30 Supplemented, with "out"
- 31 Barber's concern
- 35 Shoulder blade
- 38 One of Santa's team
- 40 That girl
- 42 Born
- 45 — Romeo
- 47 October birthstone



- 48 Foundation
- 49 Otherwise
- 50 Knock
- 51 Lemieux milieu

- 52 Ernesto Guevara
- 53 Debtor's letters
- 54 Good hearing



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	5	1	4	3	9	8	2	6
6	3	2	8	1	5	9	7	4
9	4	8	2	6	7	5	3	1
8	1	9	7	2	6	3	4	5
2	6	3	5	4	1	7	9	8
4	7	5	9	8	3	1	6	2
5	8	4	3	7	2	6	1	9
3	9	8	1	5	4	2	8	7
1	2	7	6	9	8	4	5	3

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

E C H H U E G L T R U C E W V M H
E U P N A U O R C L W G X S N E W M V W E
E G L T G L T R U C F G T S W E M R
R U C A N X W N O U C W M W C L N
Yesterday's Cryptoquip: WHEN A MAN'S
NEATLY GROOMED HAIR GETS ALL MUSSED UP,
YOU MIGHT SAY HE'S NOW DE-PARTED.
Today's Cryptoquip Clue: R equals Y



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20.

Your thoughts will become more positive now that mind planet Mercury is moving in your favour again.

Taurus | April 21 - May 21.

Something you value will have to be given up but if you are wise you will realize it has to happen so there is room for something even better to come in and replace it.

Gemini | May 22 - June 20.

You need to speak up about something you think isn't fair.

Cancer | June 21 - July 22.

Stop trying to hurry things along because what is meant to happen will happen in its own good time. That applies to all areas of your life but especially to money issues where, quite soon, you are in for some good news.

Leo | July 23 - Aug. 22.

Your outlook will change quite a bit over the next few days.

Virgo | Aug. 23 - Sept. 22.

Don't draw attention to yourself today.

Libra | Sept. 23 - Oct. 22.

Let friends and colleagues know how you feel today, even if you are the kind of Libra who hates to show emotion.

Scorpio | Oct. 23 - Nov. 21.

You will have to make some tough decisions over the next few days, decisions that will impact your career in major ways.

Sagittarius | Nov. 22 - Dec. 21.

It's OK to bend the rules a bit today. No harm will come of it so long as you do it sensibly and don't take too many liberties.

Capricorn | Dec. 22 - Jan 20.

Something you once thought was so important now seems trivial, and it's to your credit that you are not afraid to change your mind.

Aquarius | Jan. 21 - Feb 18.

A relationship problem that has been worrying you for weeks will resolve itself over the next two or three days. Whether the resolution seems "good" or "bad" depends on your outlook.

Pisces | Feb. 19 - March 20.

What you need to remember today is that every challenge you face is also an opportunity. Put another way: the more you are challenged the more you will grow and the more you will learn and profit over time.

SALLY BROMPTON

Today

21°/14°
 Thunderstorms
 60%

Wednesday

24°/15°
 Showers
 40%

Know what the weather will be 14 days from now.
 Check the 14 day trend.
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Inga

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Meet Lera.

An economics student, professional dancer and avid Yoga-doer from Ukraine, she began modeling for American Apparel after submitting her photos to model@americanapparel.net. Her first gig with us was at Magic Tradeshow in Las Vegas, and she's been one of our regulars ever since. She is wearing the Chiffon Oversized Button-Up and the High-Cut One-Piece.

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